



Did you know?

Healthy Lifestyles

- 63.7% of Okaloosa County adults are overweight or obese
- Less than 20% of adults consume at least 5 servings of fruits and vegetables
- 23.2% of Okaloosa County middle and high school students are overweight or obese
- Only 1 in 5 middle and high school students in Okaloosa County get the recommended 60 minutes of physical activity each day
- Approximately 1/3 of obese preschool children will grow up to be obese adults
- About 1/2 of obese school-age children will grow up to be obese adults

Tobacco

- 12.9% of mothers in Okaloosa County smoke during their pregnancy
- 22.4% of Okaloosa County adults are current smokers
- Almost 11% of Okaloosa County high school students have smoked a cigarette in the past 30 days.

Access to Care

Increasing coordination of healthcare resources in Okaloosa County.

Over the past year the Healthy Okaloosa Collaborative Access to Care Team hosted quarterly roundtables. The purpose of these roundtables is to help increase the knowledge of service providers about available health and human service resources in Okaloosa County. Twenty-seven community partners came together to share the services their organizations provide to increase access through client referrals.



Join The Movement...

Make a difference by joining DOH-Okaloosa and our partners to continue the work to improve the health of our county. For more information about the Health Okaloosa Collaborative, visit www.healthyokaloosa.com or contact the Healthy Okaloosa Coordinator, Katie Cholcher at Katherine.Cholcher@flhealth.gov.

The Healthy Okaloosa Collaborative

In 2011, the Florida Department of Health in Okaloosa County began working in collaboration with more than 40 community agencies to identify priorities for improving the health of our county.

The group determined the three most pressing health concerns for Okaloosa County are:

- **Nutrition and Physical Activity**
- **Tobacco Cessation**
- **Access to Care**

In 2012, the Healthy Okaloosa Collaborative was formed to establish goals and develop action plans to address each health issue.

Healthy Lifestyles

Promoting healthy habits for children and adults through improved nutrition and physical activity.

Launched in February 2014 the Healthy Okaloosa Healthy Lifestyles Team assisted in the development of the Healthy Okaloosa 5210 Child Care certification process. 5210 is an evidenced-based initiative focused on four healthy habits. Eat at least 5 fruits and vegetables per day, limit recreational screen time to two hours or less per day, get at least one hour of physical activity per day, and commit to drinking zero (0) sugary drinks per day. (<http://www.lets-go.org/>) In addition, our local 5210 certification program for child care centers includes supporting breastfeeding mothers and a tobacco/nicotine-free environment.

The first cohort of Healthy Okaloosa Child Care began in July 2014. In ten months, 13 Okaloosa County early child care centers serving 1,493 children with 216 staff have joined the Healthy Okaloosa Childcare Certification process. This represents over 19% of the Department of Children and Families (DCF) licensed centers in Okaloosa County. These centers implemented policy and environmental changes that increased healthy habits for their children and the families they serve.

Want your family to have a healthy summer? Join the Healthy Okaloosa Family Challenge! The challenge runs from June 8-August 10, 2015. Each registered family will have a chance to win healthy prizes, receive weekly health tips, and access to healthy recipes and fun activity ideas. Register to be a Healthy Okaloosa Family Challenge participant at www.healthyokaloosa.com!

Tobacco

Decreasing the number of Okaloosa County residents who use or initiate the use of tobacco products

This year Healthy Okaloosa Collaborative Tobacco Team members worked diligently to make sure moms and babies have the best possible start in life. Working closely with the Healthy Start Community Coalition of Okaloosa-Walton Counties the team developed a system to refer expectant moms who indicate they use tobacco during a prenatal visit to available tobacco cessation services in Okaloosa County. The team is excited to launch this service in the summer of 2015 and is looking forward to our next big project!

Special Thanks to Our Dedicated Partners!

Bay Area Food Bank
Brain Injury Association of Florida
Cerebral Palsy of Northwest Florida
Crestview Housing Authority
Department of Children and Families
Bridgeway Center
Early Learning Coalition of Okaloosa-Walton Counties
Eglin Family Advocacy Center
Florida Department of Elder Affairs
FWB Chamber of Commerce
Gulf Power
Health E'Coach Em
Health Source of Fort Walton Beach
Healthy Start Coalition of Okaloosa-Walton Counties
Horizons, Inc.
Mental Health Association
Northwest Florida 211
Northwest Florida State College
OASIS
Okaloosa County Head Start
Okaloosa County School District
Okaloosa-Walton Child Care Services
Opportunity Place
Salvation Army
Sharing & Caring, Inc.
Shelter House, Inc.
US Army Public Health Command
USAF-Eglin AFB
USAF-Hurlburt Field
West Florida AHEC
White-Wilson Medical Center, P.A.
YMCA of the Emerald Coast